



# Rose Petals

**Botanical Name:** *Rosa spp.*

**Family:** Rosaceae

**Energetics:** Cooling, aromatic, sweet

**Taste:** Sweet, floral, slightly astringent

**Actions:** Nervine, mild astringent, skin support, mood lifting, mild anti-inflammatory

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## Overview

Rose petals are traditionally used for their calming, aromatic, and nutritive properties. They support emotional wellness, skin health, and mild digestive or astringent needs.

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## Uses

### Internal Uses

- Supports emotional wellness and mild anxiety
- Mild digestive and astringent support
- Gentle anti-inflammatory effects
- Used in teas for relaxation and mood lifting

### External Uses

- Infused oils, balms, or creams for skin hydration and toning
  - Rose water for facial care
  - Bath infusions for relaxation
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## Medication Interactions

- Generally safe; no known major interactions
  - Monitor if taking sedatives or hormone-sensitive medications
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## Contraindications

- Pregnancy: safe in culinary and moderate medicinal doses
  - Children: safe in teas and infusions
  - Allergy to Rosaceae family
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## **Caution & Safety**

- Moderate use recommended
  - Monitor for rare allergic reactions
  - Avoid essential oil ingestion unless professionally guided
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## **Herbal Pairings**

### **Blends Well With**

- Chamomile (nervine and calming)
- Lavender (aromatic and relaxing)
- Lemon Balm (calming and digestive support)

### **Avoid Combining With**

- None significant; use standard precautions with sedatives
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## **Possible Side Effects**

- Rare allergic reactions
  - Mild digestive upset in sensitive individuals
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## **Forms & Dosage**

### **Tea / Infusion**

- 1–2 tsp dried petals per cup water
- Steep 5–10 minutes
- 1–3 cups daily

### **Tincture (1:5)**

- 1–2 mL, 1–2 times daily

### **External / Infused Oil or Bath**

- Apply or soak as desired for skin or relaxation
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## Notes

Rose petals are a gentle, aromatic herb ideal for emotional wellness, skin support, and mild digestive/aesthetic uses. Best used in teas, tinctures, or external infusions.

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